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Tupper Lake, NY
12986-2124
24 January 2000

Documents Management Branch, HFA-305
Food & Drug Administration
Room 1061
5630 Fishers Lane
Rockville, MD 20852

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Dear Sirs:

This concerns your pending action requiring manufacturers and food processors to reveal the TRANS-FATTY-ACID contents on the food labels.

I am 100% IN SUPPORT of this requirement.

Initially, the listing of trans fats will be met with confusion. However, the consumer will begin to ask, "What are trans fats?" There is already much information in HEALTH and WOMENS' magazines about trans fats. The public will be quickly "educated."

For several years I have studied trans fats. I have seen where some food processors include the amount of trans fats, in grams, in with the total fat, on the food label. But, it appeared that because they were not required to list trans fats separately, they ignored it altogether in computing the Daily Values (DV.) Only the saturated and unsaturated fats were figured to give DV. To me, this is deceptive and misleading listing.

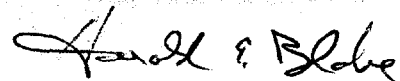
I understand your administration already has ample evidence about the dangers of trans fats. The use of trans fats in our foods to enhance flavor, texture, and shelf life is done at a price to the consumers' health. Trans fats enter our blood principally in the form of trans-triglycerides. These are stored in the adipose tissue, raising our "white fat" levels. The glucose-sorbitol balance in the muscle tissues is skewed, and transfer across the mitochondria is altered. Two principal conditions result from this. One is insulin resistance, the other is increased platelet aggregation. The first disease to be usually manifested here is Type II diabetes; the other, a few years further "down the road," is cardiovascular disease. Regrettably, many people are active enough to maintain a blood glucose level at what some call "borderline diabetes," about 120 to 170 mg/dl. These people go many years as "undiagnosed diabetics." However, they suffer from many degenerative diseases, such as eye diseases, skin problems, circulatory conditions, which the doctors treat symptomatically.

By listing trans fats, food processors will necessarily be forced to reduce trans fats; and I surmise they will probably raise the price of the product in many cases. This will be a good thing for American health. The impact would be an epidemiological assuaging of the steady increase of "Adult" diabetes in children, the American propensity toward obesity, and the increase in cardiovascular diseases.

Our food should promote better health, not cause degenerative disease.

Thank you for your attention.

Respectfully,

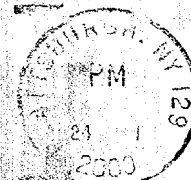


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